

Camden Community Center

3369 Union Ave., San José 95124

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Supervisor: Gerard Manuel

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Bus Lines: 62 and 37

Types of Programs: Adult drop-in sports, adapted sports, fee class, gym/fitness, rental, senior, swim and youth programs.

DANCE

Ballet Tap \$47

Beginning lessons for ballet/tap. Students must wear hard soled shoes and loose clothing or leotard. Parents are allowed to stay for the first 10 minutes of the first class day and for the class recital (date to be announced by instructor). Participants must be toilet trained. Location: Dance Arts Academy (DAA), 5725 Winfield Blvd.

Instructor: Dorianio

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.3.202	W	1/21-3/10	9-9:55am	3-5	8	DAA
382.3.203	W	1/21-3/10	11-11:55am	3-5	8	DAA
382.3.204	F	1/23-3/12	1-1:55pm	3-5	8	DAA

Ballet II - Classical \$50

Intermediate ballet lessons for boys and girls include barre work, ballet related stretches and center work from a Prima Ballerina instructor. Lessons are in the purest classical style including the technical, artistic and theoretical aspects. Students should come prepared with proper attire: girls-hair tied, no jewelry, black leotard, pink or white tights, and pink or white ballet slippers; boys-no jewelry, fitted white t-shirt, black tights and black ballet slippers. Class is on-going and a new class begins every 5 weeks.

No class 2/16

Instructor: Arisa

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.3.205	M	1/26-3/1	4:15-5:40pm	10+	5	CM
382.3.206	M	3/8-4/5	4:15-5:40pm	10+	5	CM

Come Sing and Hip Hop \$47

Students will learn dance movements and basic Hip-Hop moves. Kids will dance to age appropriate music from Aaron Carter and Britney. Parents are allowed to stay for the first 10 minutes of the first class day and for the class recital (date to be announced by instructor). Participants must be toilet trained. Location: Dance Arts Academy, 5725 Winfield Blvd.

Instructor: Dorianio

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.3.201	F	1/23-3/12	12-12:55pm	3-5	8	DAA

SPORTS & FITNESS

Kindergym \$47

Designed to teach basic gymnastic skills including movement exploration, balance and coordination. Parents are allowed to stay for the first 10 minutes of the first class day and for the class recital (date to be announced by instructor). Participants must be toilet trained. Location: Dance Arts Academy (DAA), 5725 Winfield Blvd.

Instructor: Dorianio

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.3.502	W	1/21-3/10	10-10:55am	3-5	8	DAA
382.3.503	F	1/23-3/12	10-10:55am	3-5	8	DAA

Kids Sports - Basketball/Volleyball \$27

Learn to play basketball and volleyball! Enjoy the swish of a basketball sliding through the rim...the pleasure of finely bumped volleyball! But wait there's more! Under the clever guise of FUN, your child can't help but develop sportsmanship, gain skills, learn the rules of the game, and build discipline. Each sport will be highlighted for a 4 week session. Emphasis will be on having a good time.

Basketball

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.3.504	W	1/21-2/11	3:30-4:30pm	6-10	4	CM
382.3.505	W	1/21-2/11	4:30-5:30pm	11-13	4	CM

Volleyball

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.3.506	W	2/25-3/17	3:30-4:30pm	6-10	4	CM
382.3.507	W	2/25-3/17	4:30-5:30pm	11-13	4	CM

Kidz Sports - Multi-Sport \$32

For the athlete that wants to do it all. Join us for both basketball and volleyball! Each sport will be highlighted for a 4 week session. Emphasis will be on having a good time.

No class: 2/18

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.3.508	W	1/21-3/17	3:30-4:30pm	6-10	8	CM
382.3.509	W	1/21-3/17	4:30-5:30pm	6-10	8	CM

Parent Tot Gym Fun \$47

Class will consist of stretching, basic tumbling skills, games and songs. This class allows the child to interact with his/her age group with the parent in attendance. Parent must participate. No other children allowed in classroom except participants. Wear loose fitting, comfortable clothing. Location: Dance Arts Academy (DAA), 5725 Winfield Blvd.

Instructor: Dorianio

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.3.501	F	1/23-3/12	11-11:55am	2-3	8	DAA

Don't Miss Out!

Register early because a class may be cancelled if it does not meet the minimum enrollment.



SPORTS & FITNESS

Kidz Love Soccer \$58

KLS is a non-competitive environment for children to learn and play the world's most popular sport. Each session includes age specific warm-ups, demonstrations, thematic progressions, and recreational games. Classes are co-ed and every participant will have a ball at their feet! Shinguards are required after the first class meeting. **Tot Soccer:** 3.5-4 years-Encourages motor skills and introduces small children to the group setting. **Pre-Soccer:** 4-5.5 years-Teaches the basic technique of the game and builds self-esteem through participation and fun soccer activities. **Soccer 1:** 5-6 years-Teaches the basic techniques of soccer for beginners. Dribbling, passing, receiving, and shooting. **Soccer 2:** 7-8 years-Same as Soccer 1, also introduces team tactics. **Soccer 3:** 9-12 years-Same as Soccer 1 and 2, but also introduces advance soccer techniques and tactics. **Rainout Hotline 1-800-399-8111.** Location: De Anza Park (DA).

Instructor: Kidz Love Soccer

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.3.510	W	1/21-3/10	4:50-5:20pm	3.5-4	8	DA
382.3.511	Sa	1/24-3/13	9:00-9:30am	3.5-4	8	DA
382.3.512	W	1/21-3/10	2:45-3:20pm	4-4.9	8	DA
382.3.513	Sa	1/24-3/13	9:30-10:05am	4-4.9	8	DA
382.3.514	W	1/21-3/10	3:20 - 4:05pm	5-6	8	DA
382.3.515	Sa	1/24-3/13	10:05-10:50am	5-6	8	DA
382.3.516	W	11/21-3/10	4:05 - 4:50pm	7-8	8	DA
382.3.517	Sa	1/24-3/13	10:50-11:35pm	7-8	8	DA
382.3.518	W	1/21-3/10	4:05-5:05pm	9-12	8	DA
382.3.519	Sa	1/24-3/13	10:50-11:50pm	9-12	8	DA

Camden Community Center is undergoing some exciting changes. The Camden renovation has begun and construction crews and trucks will be at our facility. The center is open during construction, but there are a few things we would like to point out:

Classes/Programs may be cancelled due to construction precautions. We may experience interruption in power or water services which will affect access to the facility and availability of classes/programs. The center will try to maintain a 48 hour notice before shut downs occur. Please be careful of construction workers and staff while you enter the lot. Also, please be aware of construction trucks and rigs that will be here during renovation.

In case of a construction emergency, please be prepared to evacuate premises. Center staff will assist in the evacuation procedure.

Snorkeling \$20

Snorkeling is fun and easy for families, couples and friends. Learn to put on a mask and fins and how to swim comfortably with fins and snorkel. Discover how to enter and exit the water and maintain yourself with ease and comfort in the water. Five day advanced registration required. Bring a swimsuit and towel to class.

Instructor: Ruiz

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.3.520	Sa	3/20	11am-1 pm	All	1	CM

Open Water Scuba \$170

Experience the excitement and adventure of inner space - the underwater realm. You'll have fun as you gain the knowledge and skills you need to safely visit the underwater world. Contact Camden Community Center staff for "Student Pack" which includes class manual, two volume video, log book and dive tables. A \$75 Student Pack fee will be collected by the instructors. Equipment not included. Class includes 24 hours of classroom and pool instruction, as well as a weekend visit to the ocean for open water training. For more information, call the instructors directly at 408-972-2317, or visit their web site: www.CaliforniaDivers.com.

Instructor: California Divers

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.3.522	T/Th	3/2-3/28	6-9pm	12+	8	CM
	+Wknd		9am-4:30pm	12+		CM
382.3.523	Th/F	3/18-3/28	6-9pm	12+	8	CM
	+Wknd		9am-6:30pm	12+		CM

Discover SCUBA \$36

Scuba Diving is simple and a whole lot of fun. Learn introductory diving in a safe, controlled and enjoyable environment. You will actually scuba dive in the pool! Five day advance registration required. Bring a swimsuit and towel to class; equipment and materials provided.

Instructors: Ruiz

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.3.524	Su	3/21	11am-12:30pm	12+	1	CM

Water Safety Instructor \$175

Fundamentals of Instructor Training: This class is designed to teach participants the skills of a successful swimming instructor. Participants will learn how to evaluate students' progress, plan effective lesson plans, and make accommodations for students with disabilities.

Prerequisites: 17 years old, successful completion of pre-course test.

Course#	Day	Date	Time	Age	Mtg.	Loc.
383.3.502	M/W/Sa	2/9-2/28	5-9pm M/W & 9am-5pm Sa	17+		CM

*We create community
through People,
Parks & Programs.*



SPORTS & FITNESS**Water Aerobics \$38**

Aerobics in the water offers all the benefits of land aerobics while cushioning the body from impact and providing resistance during all movement. Classes can be adapted to meet the needs of most individuals. Some class equipment available for student use.

No class: 2/16, 3/31

Instructor: Suits

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.3.701	M/W/F	2/2-2/27	10-10:45am	18+	11	CM
382.3.702	M/W/F	3/2-3/29	10-10:45am	18+	13	CM

Water Aerobics \$28

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.3.703	M/W	2/5-2/25	5:45-6:30pm	18+	7	CM
382.3.704	M/W	3/2-3/24	5:45-6:30pm	18+	7	CM

Lifeguard Training \$160

Includes First Aid and CPR for the Professional Rescuer. This class is designed to prepare individuals to recognize aquatic emergencies, act promptly and appropriately, perform rescues and techniques used by lifeguards, and perform First Aid and CPR. Prerequisites: 15 years old, swim 500 yards continuously, and retrieve an object from 7 feet of water. Attendance is mandatory for certification. Fee includes class materials. Bring ID, swimsuit and towel to class.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
383.3.501	M/W/S	1/20-1/31	5:30am-9:30 MW 8:30am-5:30pm Sa	15+	6	CM

Senior Stretching \$34

As we get older, our joints get stiffer and muscles get tighter. One of the easiest and most effective ways to maintain flexibility and prevent injury is to stretch. Learn strengthening exercises for abdominal and back muscles. This safe and effective class can be enjoyed by seniors of all fitness levels. Instructor: Janet Lee, a registered physical therapist, will assist you in achieving this goal. Wear loose fitting, comfortable clothing and bring a large bath towel. Class minimum of 8 will be needed for class to operate.

Instructor: Lee

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.3.706	T/Th	1/6-1/29	8-9am	50+	4	CM
382.3.707	T/Th	2/3-2/26	8-9am	50+	4	CM
382.3.708	T/Th	3/2-3/25	8-9am	50+	4	CM

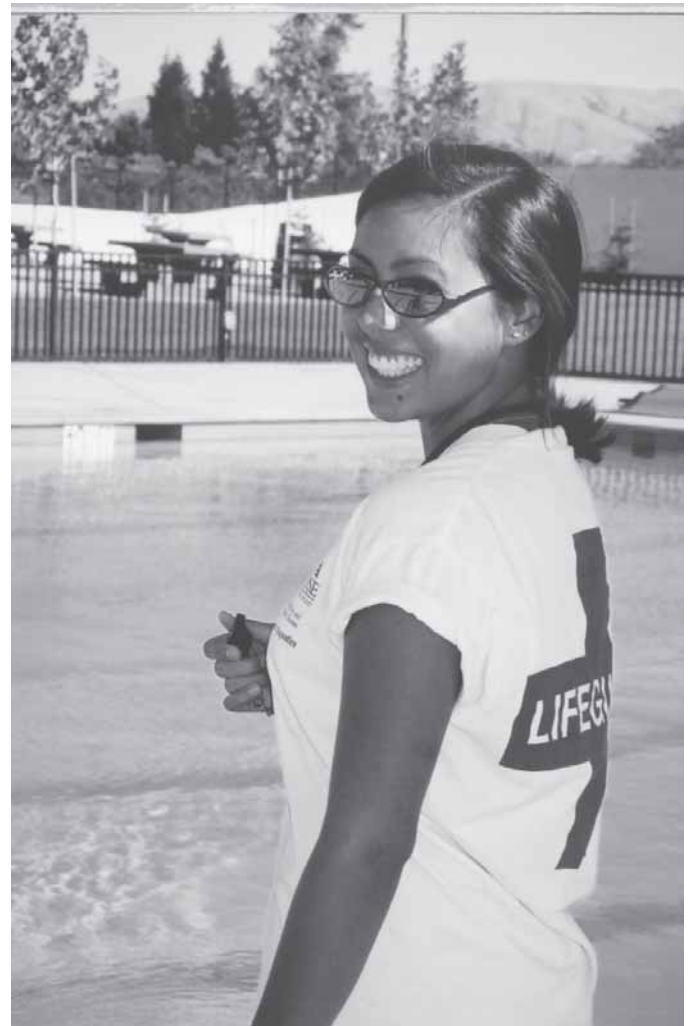
*...in sports as in every area of life,
the desire to excel is within everyone...*

Stability Ball Exercise New Class! \$17

Are you bored with your current exercise program? If so, try our new stability ball exercise class! A stability ball is a vinyl ball and comes in three sizes (up to 64 cm in diameter). The stability ball is a versatile exercise tool. A certified instructor will show you how to safely exercise with a stability ball to maximize your health. The benefits of this new and exciting class are your core muscles work harder; the ball recruits more muscle for action- you'll build muscles you never knew you had; and the ball does wonders for your ab and lower back workouts! Any exercise becomes more interesting when you try it on a ball. Get on a ball!

Instructor: Dishno

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.3.709	W	1/21-2/11	7:30-8:15pm	18+	4	CM
382.3.710	W	2/18-3/10	7:30-8:15pm	18+	4	CM



“SPORTS FOR ALL” THROUGH CITYWIDE ADAPTED SPORTS! See Page 95



Camden Drop-In Gym Programs

- Open Gym activities are open to individuals ages 15 and older only.
- No food and drink allowed in the gym-Water bottles only
- We reserve the right to refuse entry to the gym. Open gym times subject to change.
- Locker rooms include showers, restrooms and day use of lockers for your convenience.

Volleyball

Thursdays 5 - 8:30pm

Badminton

Fridays 5 - 8:30pm

Table Tennis

Saturdays 9am - 1:00pm

Price for one time drop-in:

Adults - \$3.00

Senior/Youth/Disabled- \$2.00

Jazzercise

A total body conditioning programs that combines dance techniques with exercise physiology to create a simple, yet effective workout. Jazzercise is carefully designed to increase flexibility, muscle tone, stamina, and cardiovascular fitness. Jazzercise is offered Monday to Friday from 9:15 to 10:15am or Monday and Wednesday from 6 to 7pm. For more information, call 408-267-4688.

Camden Fitness Room

- Open to ages 14 and up. A responsible adult must accompany youth 14 years for the entire duration of use.
- Receipt or Fitness pass must be presented to fitness attendant on each visit.
- Shirts required and sports shoes are mandatory for your safety.
- Please bring your own towel to wipe perspiration from equipment after use.
- Locker Rooms include showers, restrooms, and day use lockers for your convenience.
- We reserve the right to refuse entry.

Morning Hours

Mon, Wed, Fri – 10am -1pm

Tue, Thur – 8:15am-1pm

Evening Hours

Mon - Fri – 5pm- 8:45pm

PRICES

One Time Drop-in:

Adults - \$3.00 • Senior/Youth/Disabled - \$2.00

Passes:

Adults - \$20/ month or \$125/ year
Senior/Youth/Disabled - \$15/month or \$100/year

Camden Pool - Lap Swim

- Open to adults. Mature teens of at least 13 years may also swim when the session is not full if accompanied by an adult 18 years or older for the entire duration of use. No children allowed at pool side while adults use the facility.
- At selected times fewer than eight lanes may be available.
- Center is not responsible for lost or misplaced passes.
- No food, drinks, or smoking allowed on the pool deck.
- Kickboards, hand paddles, etc., are available for use.
- Bring your own towel, lock, and amenities.
- We reserve the right to refuse entry.

Hours

Monday - Friday 6am - 8:30am

11:30am - 1pm

5:30pm - 8pm

Saturday

9 - 11am

Prices

One time drop-in:

Adults

\$3.00

Senior/Youth/Disabled

\$2.00

10 visit pass:

Adults

\$18.00

Senior/Youth/Disabled

\$15.00

"Si necesita asistencia para traducir el Guía de Actividades del Departamento de Parques Recreación y Servicios a la Comunidad de la Ciudad de San José, por favor comuníquese con la línea de información de la Ciudad de San José al (408) 277-4000."

SAN JOSE AFTER SCHOOL

Camden Area

San José After School is a partnership by the City of San José, with school districts, community-based organizations, teachers and parents to provide safe, fun and enriching activities for youth after school.

After school programs promote healthy youth development and student learning. This includes homework centers and tutoring, recreation, arts, and enrichment activities, and technology centers. Youth will enjoy safe, fun, and enriching activities at sites located throughout San José.

There are wonderful after school programs in your area. For more information about schools, libraries, and centers offering after school programs, please contact 408-277-5748.

- Types of Programs**
- Level 1: Homework Assistance.** Level one sites offer after school homework help at many locations in San José.
- Level 2: Safe and Accessible After School Programs.** Level two sites will offer integrated recreation and literacy and math enrichment programs.
- Level 3: Integrated and Comprehensive approach after school programs.** Level three sites integrate literacy, leadership, education, nutrition, cultural arts and recreation activities.

Sites	Level of Program	Time
Ida Price Middle School	Level 1, Homework Assistance	*
Fammatre Elementary School	Level 2, Homework Assistance	2:30-5:00pm

* Homework Assistance offered at individual sites immediately following the end of the school day (approximately 2:30-3:30pm).

Our Mission: To support the livability of neighborhoods, offer opportunities for individuals to enjoy life and strengthen communities of people.

Anti-discrimination Policy

It is the City of San José's policy to afford all persons equal opportunity by prohibiting discrimination in City's programs against any person on the basis of race, sex, color, age, religion, sexual orientation, actual or perceived gender identity, disability, ethnicity, or national origin. It is the City's policy/goal is to expand opportunities for people with disabilities to participate in City services, programs and facilities.

Tennis Anyone?

Twenty-one City parks include tennis courts for City residents to enjoy. Many of these courts may be reserved by calling (408) 369-3907.

Tennis classes are offered through many City community centers. Check the class listings for times and locations.

